



## TEST DRIVE

### Bra inserts by Takeouts



AS THE SUMMER HERALDS TANKS AND HALTERS, the “chest-challenged” among us fleetingly wonder if a little augmentation is all that bad. In lieu of taking the silicone plunge, we tested bra inserts by Takeouts, which touts its product as “the better boob job.”

**HOW IT WORKS** Takeouts are removable inserts made of silicone gel covered with a polyurethane shell. Place the inserts at various points inside your bra for different

effects: under the breast for lift, in front of the breast for added volume or in the outer sides of the bra for boosted cleavage. All positions add a cup size.

**THE VERDICT** The \$48 price tag is chump change when you factor in all the money you could save with your new additions. An evening sporting Takeouts landed complimentary cocktails, free VIP club admission and lots of attention from the opposite sex. As for the “realness” factor, the inserts felt natural to the touch, validating the sticker on the box that reads, “grope tested.”

**NEED TO KNOW** Lots of movement, like running or dancing, could lead to slippage. Also, the inserts get sweaty, so hand wash with warm water and soap after each use.

*Takeouts are available locally at Just the Thing, Veronica's Attic, Sandpiper and The Bilthouse, or online at [thebetterboobjob.com](http://thebetterboobjob.com).* ★

## beauty bar



GETTY IMAGES

**[ LADIES ONLY ]** Private trainer whips Atlanta women into shape.

Femfitique, a new private women's gym located in Midtown, may be outfitted with pink begonias, pink boas, pink candles, pink lockers, pink workout towels and even pink Kleenex, but don't let the frilly touches fool you. Owned and operated by **Kathy Jordan**, a personal trainer with degrees in phys ed and exercise science, this gym's private sessions are all about cutting the fat of workouts at big-name gyms. “At traditional gyms, the social relationship with a trainer often overtakes the working out,” says Jordan. “Sure, we'll chat while a client's on the treadmill, but once she gets off, I'm the sergeant!” A workout with Jordan includes any combination of cardio, high-rep/low-weight training, boxing, lunges and squats, and plain-old grade-school exercises: chin-ups, sit-ups and push-ups. Clients never do the same routine twice, and Jordan counsels each client extensively on nutrition. (Our interview with her revealed tips on herbs to curb cravings and, um, colon cleansing our way to a flat stomach). “I try to help women get control of the big picture,”

Jordan says. “Getting a fit body is about being healthy and disciplined, not about liposuction.”

**Femfitique, Monday–Friday by appointment only, 404-246-1382 or [femfitique.com](http://femfitique.com).** –D.H.

### who knew?

Polish scientists have found that men may be attracted to women with large breasts and a small waist for fecundity's sake: Women with this body type are more fertile than women of other shapes.